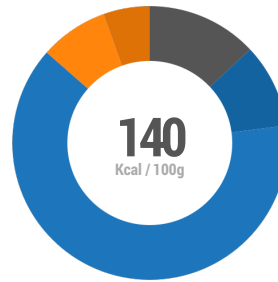


Mexican Tostada

Mixed peppers, tomato salsa, guacamole and sour cream atop toasted sourdough bread, and garnished with red chillies and coriander

By Mark Irish from Brakes

Overview ...



CALORIES:

73.5% Carbs

13% Protein

13.5% Fat

Food Labelling...

Serves **1**

CONTAINS:



WHEAT, RYE



MILK

MAY CONTAIN:



HAZELNUTS,
ALMONDS,
WALNUTS



EGGS



SESAME



SOYA

OTHER PROPERTIES:



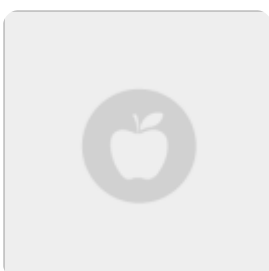
VEGETARIAN

Recipe Ingredients ...

	Quantity:	Description:
113099 La Boulangerie Artisan Plain Sourdough Loaves - BRAKES	80g	1 Slice
4793 Brakes Sliced Mixed Peppers - BRAKES	50g	
11196 Sysco Classic Tomato Salsa - BRAKES	20g	
134210 Freshmex California Supreme Guacamole - BRAKES	10g	
18422 Brakes Set Soured Cream - BRAKES	10g	
114212 Chillies Red - BRAKES	5g	
113885 Herb Bunched Coriander - BRAKES	2g	

Products / Pack Sizes ...

1 Serving



 **Product code**

 **Barcode**

 **177g / 253kcal**

1

Preparation:

Defrost, slice and lightly toast the sourdough

Finely cut the red chillies on the diagonal

Pick the coriander leaves

Method:

1. Gently fry the mixed peppers in a little oil until softened.
2. Drain on kitchen paper to remove any excess oil. Season lightly with a turn of black pepper
3. Build the tostada with the toast on the base, spoon on the salsa, followed by the peppers
4. Now place spoonful's of the guacamole and sour cream on or around the dish
5. Garnish with the red chillies and coriander - serve!

NB: For an alternative serving option, spoon the guacamole and sour cream into dipping pots and serve on the side for the customer to add themselves